



PURDUE | NUTRITION EDUCATION EXTENSION PROGRAM

Join us for free and fun nutrition lessons. Learn about healthy food options, reading labels and food safety. We'll cook a sample dish and you'll get a free gift for coming to class!

Thursdays, March 7, 14, 21, 28, April 4, 11, 2019

**MERRILLVILLE PARKS & RECREATION
5750 TYLER STREET
MERRILLVILLE, IN 46410**

- Stretch your food dollars
- Plan fast & healthy meals
- Cook & sample food
- Increase your physical activity
- Free participation gift
- Earn certificate of completion

**Classes are FREE and open to the public
Please call (219) 980-5911 for more information**

Join us 1-2pm

Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans are encouraged to apply. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Purdue Extension Nutrition Education Program 219.755.3240.

Name: _____

Address: _____

Phone: _____ e-Mail: _____